

Do you parent or care for a child, young person or adult living with Autism? If so, this might be just the opportunity for you!

Join our FREE monthly course, peer support and Q&A sessions to learn more about Autism, parenting strategies & common challenges, and to meet other families living similar lives.

Every month we will host a 2 hour session, comprising of a 1 hour skills building course delivered by Autism Information and Advice's trained staff and a 1 hour peer support and Q&A opportunity with family therapist, Felicity Rosslyn.

The course will cover what to look out for if you believe your child may be Autistic, a look at what language is used by professionals so you can feel empowered as a parent or carer, practical behaviour, communication, and mental and physical well-being advice, strategies and top tips, preparing for emergencies, and information around schooling, employment and embracing the positives of Autism.



**This opportunity is for residents of Derby and Derbyshire.*

These sessions have been co-produced with experts by experience, parents, and professionals.



For 2021, sessions will run via Zoom, 10:00-12:00, on these dates:

April 26 th	May 24 th
June 28 th	July 26 th
August 23 rd	September 27 th
October 25 th	November 29 th
December 20 th	

Interested in taking part? Contact Autism Information and Advice:

Email: autismservice@citizensadvicemidmercia.org.uk

Call: 01332 228 790